



NEGATIVE THINKING

Write in the
circles below?



Ask questions, write it down and explore.

What was the event? Trigger!

What are you/were you thinking?

What are/were you feeling,
(your emotions)?

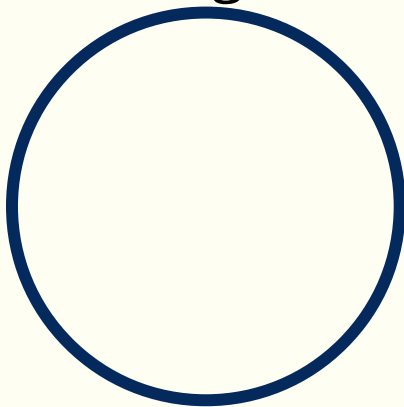
Where do you feel it in your body?

What was your behaviour, how did you
react, or respond.

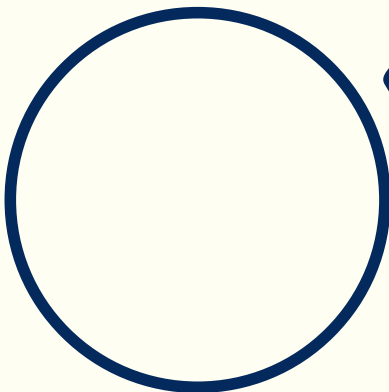
Now ask yourself - what could I have done
differently?

Next time! I can, I will.....

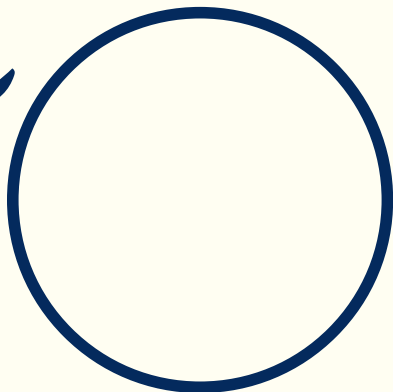
Thoughts



Behaviour



Feelings



Remember,
practice makes
perfect!
YOU GOT THIS